

RECREATIONAL SURVIVAL KIT MANDATORY ITEMS OPTIONAL ITEMS

Matches (Water proofed)

Extra clothing

Candle stub Signal flares Water purification tablets Knife Signal mirror Wire saw Whistle Cord Shelter material Personal medications Container to heat water Sewing needle & thread Food - High Carbohydrates Band-Aids/bandages Canteen Wire Friction tape Compass Chapstick Mole skin (for blisters)

WHAT TO DO WHEN TRAPPED OUTDOORS

- 1. DON'T PANIC Build a fire, Sit Down, Stay Calm, THINK
- 2. MAINTAIN YOUR BODY TEMPERATURE. Add layers of clothing, eat heat-producing foods (carbohydrates), find or build a shelter that will protect you from the rain and wind. Drink warm
- 3. USE THE FIRE to dry clothing, heat water, signal and help maintain you morale.
- 4. PREVENT DEHYDRATION Drink water (3-4 quarts per day). - DON'T EAT SNOW! Melt it first.
- 5. PREVENT HYPOTHERMIA Watch out for cold/cold
- wet/windy conditions that cause massive heat loss.
- 6. DO NOT TRAVEL Stay put and wait for rescue forces to
- 7. SIGNAL Use signal mirror, whistle, or flares to attract attention to yourself.
- 8. DO NOT GIVE UP HOPE Rescuers WILL FIND YOU!

Notification Statements / Actions For Personnel During Hazardous Weather Conditions

I. Decision for Early Release:

"Early release for non-mission essential personnel will be at hrs."

- Classes continue as originally scheduled unless canceled by the DF. TRW. AH.
- Close Community Center activities including BX, Commissary, and Service Station at *____ hrs. (Doors close at *____ hrs and employees can depart when released by their supervisors).
- Child Development and Youth Center begin to close, however. appropriate essential caregivers must remain until last child is picked up by parent/guardian.

II. Decision for Late Reporting:

"Late reporting is in effect. Non-mission essential personnel will report to their duty section at hrs, not earlier than

- Classes will begin at
- -- DF, TRW, AH reporting instructions will be modified so instructors, dining facility staff, will show up at proper times to meet mission needs.
- BX, Commissary, and Service Station will open at *
- Child Development Center will open at normal time to accommodate mission essential personnel.

III Decision for Base Closure:

"The Academy is closed for normal operations. Non-essential personnel do not report to your duty sections."

- Classes are canceled.
- The Community Center is closed.
- * All hours tied to early release / late reporting times.

STAYING ALIVE IN YOUR CAR

IF STRANDED IN YOUR VEHICLE, SIT TIGHT, DON'T MOVE, STAY WITH YOUR VEHICLE

Check for Injuries and Treat:

- 1. Move all survival equipment from trunk to passenger compartment.
- 2. Inventory all equipment.
- 3. Tie a signal flag to your antenna.
- 4. *Utilize all available clothing, maps, carpeting, paper, seat covers, etc.
- to help keep yourself warm.
- 5. *Check and clear the exhaust system and ensure adequate ventilation.
- 6. Run engine: 5 min each 30 min, or 10 min each 60 min.
- 7. Run engine to coincide with radio news broadcast.
- 8. Light a candle to generate heat and light, ensure adequate ventilation.
- 9. *If the car or exhaust system is completely covered with snow **DO** NOT run the engine as CARBON MONOXDIDE will pool under the car
- and seep into or be drawn into the passenger compartment. 10. If the car is covered with snow, cut a ventilation hole. Check
- ventilation hole each hour. 11. If you are tired, ensure adequate ventilation, then go to sleep.
- 12. **DO NOT** fall asleep with the engine running.
- 13. *Melt snow for drinking water. **DO NOT eat snow**. Melt it first.
- 14. Prepare to survive for a minimum of 48 hours.
- 15. Eat available foods to help produce heat.
- 16. Keep a log.
- 17. PRAY: Don't give up hope!
- 18. CONSERVE STRENGTH.
- 19. GO THROUGH THIS LIST ONCE EACH HOUR.

(*Most Important)

LIFE THREATENING PROBLEMS

- 1. Injuries Treat as soon as possible.
- 2. Carbon monoxide poisoning Can kill quickly and SILENTLY.

Radio and Television Stations Giving Hazardous Weather Announcements by USAFA/PA.

AM STATIONS

EM STATIONS

TMSTATIONS	AMBIATIONS
KSPZ 92.9	KTWK 740
KILO 94.3	KOA 850/DENVER
KRDO 95.1	KRDO 1240
KKFM 98.1	KVOR 1300
KVUU 99.9	KKCS 1460
KKCS 101.9	
KIKX 102.7	

TV STATIONS / COLORADO SPRINGS

KOAA Ch 5/30 NBC KKTV Ch 11 CBS KRDO Ch 13 ABC

TV STATIONS / DENVER

KCNC Ch 4 NBC KMGH Ch 7 CBS KUSA Ch 9 ABC

COMMAND CENTER AUTOMATED NOTIFICATION SYSTEM 333-6249

ACADEMY ROAD CONDITIONS 333-2800

REFERENCE USAFA PLAN 32-4

http://www.usafa.af.mil/ceg/snow/ http://intraweb.usafa.af.mil/ces/snowcontrol/

Provide ventilation when running engine or burning candles, stermo, etc. Carbon Monoxide poisoning is cumulative, once exposed DO NOT allow further exposure.

3. Hypothermia - If you are shivering, you body is telling you your protection is inadequate, use all available clothing, car insulation, or foam to protect you body core temperature. REMEMBER to wear a hat or other head covering.

4. Dehydration - Drink as much water as you can. DON'T EAT SNOW. Try to avoid drinking cold water, heat it next to your body or heater vent. Clear, colorless urine indicates adequate water intake.

NOTE: Hypothermia and dehydration affect you ability to think rationally. You may not know you are becoming a victim. Recognize the factor that cause the emergency:

- Cool/Cold Temperatures - Wind
- Precipitation
- Insufficient Food & Water
- Exhaustion

VEHICLE SURVIVAL KIT (Mandatory Survival Items)

- 1. Blankets (wool preferred) or sleeping bags.
- 2. Heat source (candle, sterno, non-propane backpacker stove).
- 3. Matches and lighter.
- 4. Food high carbohydrates, candy bars, raisins, dried fruit, peanut butter, peanuts, etc.
- 5. Extra clothing wool gloves, hat, coat, pants, scarf.
- 6. Flashlight with extra batteries.
- 7. Large plastic garbage bags.
- 8. Red or Orange material for antenna signal.
- 9. Coffee can for all small items and to melt snow for water.

VEHICLE EQUIPMENT

Sunglasses	Personal Medications	Shovel (entrenching tool)
Tool Kit	Brightly Colored Tarp	Reflective Triangles
Ice Scraper	Tire Chains that fit	Carbon Monoxide Detector
Tow Strap	Come-Along Winch	Sand or Gravel for traction
Jumper Cables	Emergency Road Flares	

Keep This in Your Car and/or Wallet at All Times UNITED STATES AIR FORCE ACADEMY



SNOW ROUTES & WINTER SURVIVAL

USAFA VA 32-1, Oct 02. Supersedes Jan 01 OPR: 10CES/CEO / 34TS/CST

Distribution: F

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